

You just got vaccinated. Now what?

3.12.21

The COVID vaccine looks to be very effective, but it will take time to vaccinate enough people for widespread immunity. **In the meantime, even if you've been vaccinated:**

Mask up. You still need to wear a face covering in shared spaces.

Keep your distance. Stay at least six feet from people you don't live with.

No large gatherings. If you will be seeing people socially, stick with small groups, outdoors and masked.

Wash your hands. Soap and water, scrub for 20 seconds. Use hand sanitizer in a pinch.

Keep it clean. Continue to clean and sanitize the surfaces you touch most often.

Get a second dose if receiving a vaccine requiring two doses. If you get a first dose of Pfizer or Moderna vaccine, you need a second dose of the same vaccine no sooner than three (Pfizer) or four (Moderna) weeks after your first dose. Return to the facility that gave you the first dose. Johnson & Johnson vaccine requires only one dose.

Find out what it means to be fully vaccinated and learn about current recommendations from the Centers for Disease Control and Prevention: www.cdc.gov/coronavirus/vaccines

www.CovidVaccineWA.org



Adapted from Snohomish Health District

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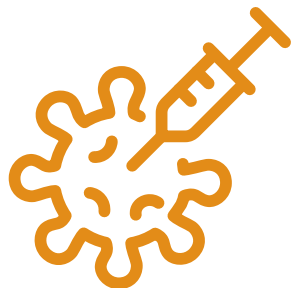
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Possible vaccine side effects



You may have mild, short-term side effects after getting the COVID-19 vaccine. This is normal and means the vaccine is working. Even if you do not have side effects, the vaccine is still building protection against the virus.

Common side effects can include:

- Soreness or redness where you got the shot
- Headache
- Tiredness
- A low fever (less than 100.4 degrees)

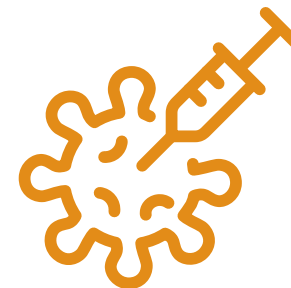
Side effects usually go away on their own within a few days. If they do not, contact your doctor or clinic.

If receiving Pfizer or Moderna vaccine, you should get the second dose even if you have mild side effects after the first dose – unless a vaccine provider or your doctor tells you not to. For many people, the side effects are more noticeable after the second dose. Johnson & Johnson vaccine requires only one dose.

You can sign up for v-safe, a tool created by the Centers for Disease Control and Prevention, to report any side effects and get a reminder for your second dose: vsafe.cdc.gov.

Severe allergic reactions are extremely rare. Everyone will be monitored for 15 to 30 minutes after receiving their vaccine for signs of a reaction. In the unlikely event that you experience signs of reaction after leaving the vaccination site, call 911.

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